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Clark Promoted to Major General

By Bernard S. Little
WRNMMC Public Affairs
staff writer

A Soldier and a physician, Walter Reed National Military Medical Center (WRNMMC) Director Jeffrey Brothers Clark was promoted to major general Monday during a ceremony held in front of WRNMMC, the nation's flagship military treatment facility.

Gen. Daniel B. Allyn, 35th Vice Chief of Staff of the Army, served as host for the ceremony, attended by numerous top leaders in the Military Health System (MHS) including Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson, Defense Health Agency Director Air Force Lt. Gen. (Dr.) Douglas J. Robb, and Director of DHA's National Capital Region Medical Directorate and Chief of the Navy Medical Corps, Rear Adm. (Dr.) Raquel C. Bono.

"It is really a great honor to have so much of our joint force gathered with us today to celebrate the contributions of this great professional," Allyn said of Clark. The Army Vice Chief recalled the two first met more than two decades ago when both were assigned to the 82nd Airborne Division at Fort Bragg, N.C.

"As a young major, I could see there was something different about this doc," Allyn said. "There's a close bond that develops between combat Soldiers and 'their doc,' and Doc Clark has always been the kind of doc Soldiers want to be around, that Soldiers know that they can trust and that when Soldiers deploy, they know that their families and loved ones will be cared for in their absence.

"This idea of trust is something that comes from, and is born out of, true professionals and leaders of character, and certainly Jeff, you have epitomized that every step of the way," Allyn added.

Bono administered the oath



Photo by Bernard S. Little

Director of Defense Health Agency National Capital Region Medical Directorate and Chief of the Navy Medical Corps, Rear Adm. (Dr.) Raquel C. Bono (left) administers the Oath of Office to Maj. Gen. (Dr.) Jeffrey B. Clark, Walter Reed National Military Medical Center (WRNMMC) director, following his promotion to major general during a ceremony June 8 in front of the historic Tower at WRNMMC.

of office to Clark during the ceremony, and afterwards he acknowledged those in attendance, especially the families of service members, stating, "There is no greater patriot than the family of an American service member."

Clark's remarks emphasized the privilege he felt of being a U.S. Army officer and serving the profession of medicine. "I have been blessed to serve with great units and work with remarkable people. I am now blessed to serve here with the Soldiers, Sailors, Airmen, Public Health Service, civilians, contract staff, and Red Cross volunteers of Walter Reed National Military Medical Center led by Capt. Sarah Martin and Command Master Chief Tyrone Willis.

"Our motto here at Walter

Reed is, 'Where Our Nation Heals Its Heroes,'" Clark continued. "For those of us privileged to serve in military medicine, our patients are, indeed, heroes. For our patients are service members and their families, our retirees and their families, and our veterans.

"It is a privilege for me to wear the uniform of the United States of America, and, it is a privilege to serve in the medical profession. I am blessed, as are many of those gathered here today, to do both.

"This promotion means many things, but, for me personally, it means I am blessed to be able to continue to do that which I love, to continue to wear this uniform and to serve America's Heroes."

Since becoming WRNMMC's

director in 2013, Clark has placed emphasis on "putting the patient at the center of everything we do.

"Walter Reed Bethesda is indeed blessed with great partners as we achieve our mission and achieve our vision," Clark said. He cited the Uniformed Services University of the Health Sciences (USU), which with WRNMMC, is also located on Naval Support Activity Bethesda. "This is America's Health Campus," he said.

He added WRNMMC and USU share a mission and a vision, "High quality health care for those we are privileged to serve today; training and education of military medical leaders of tomorrow; and innovation and research to improve the health care we provide service

members and their families, our retirees and their families, and our veterans."

Clark also noted WRNMMC's relationship with its neighbor, the National Institutes of Health (NIH), recognizing the tri-federal cancer initiative agreement between NIH's National Cancer Institute, USU and WRNMMC's John P. Murtha Cancer Center, the Department of Defense's only Center of Excellence for Cancer Care.

A native of LaGrange, N.C., and family medicine doctor, Clark became WRNMMC director on Sept. 19, 2013. Before that, he held the Army's top medical post in Europe as commander of U.S. Army Europe Regional Medical Command and command surgeon of U.S. Army Europe. He also commanded Landstuhl Regional Medical Center in Germany from 2011 to 2012, after serving as chief of Medical Corps Branch, Human Resources Command, Fort Knox, Ky.

He is a graduate of Davidson College (N.C.), East Carolina University School of Medicine, the U.S. Army Command and General Staff College, as well as the Army War College. He also earned a Master of Public Health from the University of Washington and a Master of Strategic Studies from the Army War College.

His awards and decorations include the Defense Superior Service Medal, Legion of Merit with two Oak Leaf Clusters (OLC), Bronze Star (one OLC), Meritorious Service Medal (seven OLC), Combat Medical Badge, Expert Field Medical Badge, Flight Surgeon Badge, and the Parachutist's Badge. He is a member of the Order of Military Medical Merit and recipient of the Republic of Korea Order of National Security Merit, Samil Medal.

He and his wife Sue have three children – Anna, Warren and John.

USUHS President's Column

In 2007, then-Assistant Surgeon General of the Air Force and Chief of Dental Services, Maj. Gen. Gar Graham, asked me to explore the idea of establishing a postgraduate dental college at the Uniformed Services University of the Health Sciences. After much discussion, the University's Board of Regents recommended the establishment of service-specific postgraduate dental schools, all aligned under a USU Postgraduate Dental College. The Middle States Commission on Higher Education, USU's accreditation authority, granted the substantial change request in February 2010 and the first class of Naval and Air Force students matriculated in July 2010. Retired Army Maj. Gen. Patrick Sculley, former chief of the Army Dental Corps and deputy Surgeon General, was appointed as Executive Dean of the College, and the following year, the Army Postgraduate Dental School was added.

The USU Postgraduate Dental College graduated its first class of 28 dental residents in June 2012. The College has now grown to include 18 programs spread over seven locations.

In May this year, following a national search, I selected retired Air Force Col. Thomas Schneid as the new executive dean of the Postgraduate Dental College, succeeding Dr. Sculley who was dual-hatted as executive dean and USU's Southern Region senior vice president. Dr. Sculley stepped down as executive dean but will remain in the latter capacity in our San Antonio office. Dr. Schneid previously served as dean of the Air Force Postgradu-



Dr. Charles L. Rice
Uniformed Services
University President

ate Dental School before he retired from active duty and I am very pleased that he will once again be a part of USU in his new role. He brings a wealth of experience in the dental community as well as dental academia, and his unquestioned leadership abilities will be of enormous value in building on Dr. Sculley's legacy.

This month, I conferred Master of Science degrees in Oral Biology from USU on more than 50 dental residents. They were graduates of the Army Postgraduate Dental School's Comprehensive Dentistry programs at Fort Hood, Fort Bragg, and Schofield Barracks, the Bethesda-based Navy Postgraduate Dental School's programs in Comprehensive Dentistry, Endodontics, Oral and Maxillofacial Pathology, Periodontics, Prosthodontics and Orofacial Pain, the Comprehensive Dentistry program at the Air Force Postgraduate Dental School in Texas, and the Tri-Service Orthodontic Residency Program in Texas.

I believe that the academic and research component of the

residency programs that the USU degree offers produces better informed, better prepared, and better educated dental officers to serve the Military Health System.

USU was recently the site of the annual Federal Services Dental Educators' Workshop. This year, the University's Sanford Auditorium was filled with uniformed dental officers from all over the U.S. and Canada. Dr. Schneid was joined by the three Service postgraduate dental school deans, Navy Capt. Glenn Munro, Army Col. Priscilla Hamilton, and Air Force Col. Drew Fallis, and their respective Dental Corps chiefs: Rear Adm. Stephen Pachuta, Maj. Gen. Thomas Tempel, and Maj. Gen. Roosevelt Allen. Dr. Richard Valachovic, president and CEO of the American Dental Educators' Association, who delivered the keynote address, summarized the state of dental education and the profession as a whole across the country.

Further evidence of the importance of the dental community to USU was the recent addition of Dr. Leo Rouse, dean of Howard University's College of Dentistry, to the University's Board of Regents. Dr. Rouse served as Commander of the Army Dental Command from 1995-1999.

With the addition of the Postgraduate Dental College to the Daniel K. Inouye Graduate School of Nursing and the various programs in the F. Edward Hébert School of Medicine, USU continues to move toward the vision of being the academic center of the Military Health System.

Bethesda Notebook

NCO Induction Ceremony

A NCO Induction Ceremony will be held Wednesday at 2 p.m. in Memorial Auditorium. Everyone is invited to attend. For more information, call Sgt. 1st Class JaNesse Simpson at 301-319-7994

'Medical Journey with Hope'

Lee Woodruff, whose husband television journalist Bob Woodruff received care at the former National Naval Medical Center (NNMC) after being injured by a roadside bomb in Iraq in 2006, will speak at Walter Reed National Military Medical Center June 19 at 2 p.m. in the Memorial Auditorium. All staff members are invited to attend. She will discuss her family's journey to recovery following her husband's injuries, which included a traumatic brain injury.

Pain Care Skills Training - Save the Date

The 5th Annual Pain Care Skill Training will take place Sept. 14-17 at Walter Reed National Military Medical Center. For more information and registration, contact Ron Madison at ronald.d.madison.mil@mail.mil, or Adrienne Carlisle at adrienne.c.carlisle.ctr@mail.mil.

LGBT Pride Fair

The Bethesda Multi-Cultural Committee and the Gay, Lesbian and Supportive Service Members (G.L.A.S.S.) will host a Lesbian, Gay, Bisexual and Transgender Pride Fair tomorrow from 10 to 2 p.m. in Bldg. 9's mezzanine. The event is being held in conjunction with Pride Week, this week. Everyone is invited to attend. Cake and refreshments will be served at noon. For more information, contact Hospital Corpsman 3rd Class Kayla Watson at kayla.m.watson18.mil@mail.mil.

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Get Ready to Get Fit

NSAB Fitness Center Trains Command Fitness Leaders

By Andrew Damstedt
NSAB Public Affairs staff writer

The race was close between the “Scrubs” and the “Spartans,” each team consisting of five Sailors who were competing in a cone drill at Naval Support Activity Bethesda’s (NSAB) Morale, Welfare and Recreation Sports Complex.

The 10 Sailors ran 25 yards, then did a set of pushups and raced back to tag their teammates. This was repeated six times for a total of 300 yards per individual. The first round had the Sailors doing curls.

This race was part of a weeklong training course to become Command Fitness Leaders (CFL). Held the first week of June, this was the first time that NSAB Fitness Center Director Jerry Cataldo and Sara Myers, Fitness Center personal trainer, have taught the class. The two recently went to Pensacola, Fla. and took a CFL “Train the Trainer” Course, where the two had to do

everything they put the Sailors through during the course.

While videoing the Sailors doing pushups, Cataldo pointed out ways one Sailor could improve his form. Then the next Sailor ran up, and Cataldo said her form also needed improvement. After the race, Cataldo showed those interested their videos and gave them advice on ways they could improve.

“Proper form is a big one that we try to hit on,” Cataldo said. “So many Sailors get injured because they have no clue what they’re doing, so we teach them proper form.”

Learning how to teach warm-up and cool-down exercises is another aspect of the course. As part of that, each participant is required to teach proper stretching techniques in front of their classmates.

Hospital Corpsman 2nd Class Branden Johnson of the Navy Medicine Professional Development Center said he is taking the course because he wants to help other Sailors with their Navy Physical Readiness



Photo by Andrew Damstedt

Lt. j.g. Veronica Restrepo runs during an exercise as part of a weeklong Command Fitness Leader training course at Naval Support Activity Bethesda the first week of June.

Test scores. Plus, he said, the course has given him some good workouts he can use.

“I have been trying to come up with some good workout plans for some Sailors and now with this book in hand, I’ve got some resources to look up some workouts so they can incorporate it and push that forward,” Johnson said.

Johnson encouraged other Sailors to take the CFL course even if they don’t want to become a CFL.

“They should come and do the course just to see how it’s run properly and then they can help out

behind them, making sure the ball wasn’t dropped. When the last one got the ball – they sprinted to the front of the line and once again began passing the ball back. Luckily, no one dropped the ball so an extra lap wasn’t added.

Bookwork is also a part of the course, as Cataldo said learning the Navy regulations is a big part of being a CFL – especially knowing exactly the requirements of the Navy Physical Readiness Test.

“I came here knowing nothing about how to be a CFL,” said Lt. j.g. Veronica Restrepo of the Navy Medicine Professional Development Center. “I feel more comfortable so when I get back to the command I will do things fairly and within regulations.”

All 10 candidates successfully completed the course, which ended with a test that went over the

week’s course materials. Candidates must score 80 percent or higher on the test and demonstrate in front of their classmates certain aspects of the course, such as taking body composition, to pass the course, Cataldo said. Other requirements are developing fitness programs tailored for individuals and doing a classroom presentation, Cataldo said.

In addition to Johnson and Restrepo, the other candidates who completed the course were Hospital Corpsman 1st Class Anthony Colon, Master Chief Hospital Corpsman Rafael Felipe, Ensign Andrew Galens, Lt. Cmdr. Tiffany Hill, Hospitalman Daniel Pardo-Medina, Lt. James Regeimbal, Hospital Corpsman 2nd Class Joshua Sarkodie and Information Systems Technician 1st Class Robert Tartaro.

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Blood Donor Day is June 14

By Sarah Marshall
WRNMMC Public
Affairs staff writer

Sunday is World Blood Donor Day, and Armed Services Blood Program (ASBP) officials want everyone to know it's important to help save a life now, and year-round.

ASBP is the military's official provider of blood products to the U.S. Armed Forces during times of peace and war, explained Capt. Ronald Fahie, ASBP director. The program is tasked with collecting, processing, storing and transporting blood and blood products to ill or injured service members, veterans and their families worldwide, he said. With roughly 67 transfusion centers around the world, the ASBP also works closely with NATO, and several other civilian agencies, to ensure a safe, potent blood supply for our nation, and to other host nations where service members are deployed.

Blood and blood products, such as blood platelets, collected by the program are used for military patients of all ages for various reasons - to treat cancer patients, surgical patients, or battlefield injuries - and they're needed every day, Fahie said. Blood is perishable, and it cannot be artificially produced, so it's imperative to have a supply on the shelves - you never know when a catastrophic event will occur and when blood will be needed, he said.

"It's important to make sure we have that surplus, to make sure we can provide assistance to anyone when it's needed," he said.

A single donation can help save three or four lives, he noted. For a single trauma victim, more than 40 units of blood may be needed, while a single unit, or pint, can sustain a premature infant's life for two weeks. Typically, about three pints of whole blood can be collected from a single donation.

Whole blood can be separated into three main components: red



Photo by Mass Communication Specialist 1st Class Christopher Krucke

June 14 is World Blood Donor Day. All are encouraged to donate and help save a life.

blood cells, platelets and plasma. Red blood cells, with a shelf life of just over a month, carry oxygen from the lungs to the body's tissue, and are often used in surgery, for trauma victims, and those with blood disorders. Platelets, which only last five days on the shelf, are essential for clotting, and used for patients with life-threatening illnesses such as leukemia, anemia, cancer, and other blood diseases requiring platelet transfusions. Plasma is prepared by freezing, and is also used for clotting. It can be used to help burn patients, those with bleeding disorders and can be transfused to trauma patients.

Service members, their beneficiaries, as well as federal employees and contractors can donate, and they can do so every eight weeks, Fahie added. Donations can be scheduled online at the ASBP's website, or by contacting a center directly. You can also donate during any number of the blood drives and competitions they hold throughout the year, he said.

"You're an eligible donor if you're healthy," Fahie said. You must be at least 17 years old, weigh 110 pounds, be feeling well, and be hydrated. You may be deferred if you've gotten a tattoo or had acupuncture or a blood transfusion in the last 12 months.

Donors can visit any one of the more than 20 ASBP blood donor centers in the U.S. and glob-

ally, he said, including Walter Reed National Military Medical Center, Bethesda; Okinawa, Japan; Landstuhl, Germany; U.S. Naval Hospital, Guam; and Tripler Army Medical Center, Hawaii. Each branch of service operates several donor centers, while others, Armed Services Blood Bank Centers, are operated by three services (Army, Navy and Air Force) such as the one in Bethesda, he said.

Each branch of service also brings its own unique capabilities, Fahie added, with strategically located centers on ships and in support detachments across the globe. They also have a mission to educate everyone on the importance of donating blood and blood products, he added, making sure people understand blood is needed all over the world.

"We support our warfighters," he said, in addition to providing humanitarian assistance and support during natural disasters, all the more reason donations are needed year-round.

"It's very important [to donate] because you never know what's going to happen," he said. "You never know when someone's going to get hurt, or when someone's going to deploy, or when the civilian community is going to need us to help support a natural disaster."

For more information about the program, or to schedule a donation, visit www.militaryblood.dod.mil.

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Photo by Mass Communication Specialist 1st Class Christopher Krucke

Hospital Corpsman 1st Class Emmanuel Ilfraidm reads a display in the U.S. Holocaust Memorial Museum with names of some of the Holocaust concentration camp victims. Ilfraidm recently visited the museum on a trip sponsored by the Multi-Cultural Committee at Walter Reed National Military Medical Center.

Comradery through Education

Multi-cultural Committee Visits the Holocaust Museum

**By MC1(AW)
Chris Krucke
WRNMMC Public
Affairs staff writer**

“Nat, you cannot go home, they will kill you if you do,” Nat Shaffir recalled being told during the Holocaust.

The Holocaust survivor discussed his experiences being confined to a concentration camp in Iasi, Romania from 1940 to 1944 during World War II, with members of the Walter Reed National Military Medical Center (WRNMMC) community who recently visited the United States Holocaust Memorial Museum (USHMM) in Washington, D.C.

Shaffir speaks of his ordeal as part of the USHMM’s series called “First Person,” which enables museum visitors to hear Holocaust survivors tell their stories in their own words, uniting personal experience with history in a way that is extraordinary in its immediacy and power, according to USHMM officials.

Every year the Multi-Cultural Committee at WRNMMC hosts a free trip for medical center staff to visit the USHMM during the Days of Remembrance of the Victims of the Holocaust. According to Navy Hospital Corpsman 2nd Class (HM2) Travis Silvey, committee president, the group sponsors various events and activities to raise awareness of cultures and diversity to “build morale within this great hospital. People fear what they don’t understand. Education of different cultures eliminates hate,” he explained.

Shaffir shared his inspirational story in front of almost 300

museum visitors. He explained how he and his family survived four years imprisoned in some of the worst conditions imaginable, and with creative thinking, hard work and the kindness of strangers, he was able to survive by acquiring kerosene, bread and other essential items.

Navy Hospitalman Zachary Webber, of Internal Medicine, was one of the WRNMMC staff members who attended the trip. “I felt very moved by the speaker. His story about surviving [in a concentration camp] as just as an 8-year-old boy, what he had to do to survive, to come to America and become successful, was very inspiring,” Webber said.

Webber said that one thing that stood out to him was when Shaffir said he “bribed the person in charge of kerosene by taking over his work just to get an extra bucket filled for his family.”

Silvey said he felt like he was there with Shaffir as the Holocaust survivor told his stories. “It was incredible, the trials and challenges he faced,” Silvey said. “It was like nothing I had heard before. I still think about how he lived out his childhood despite being put through unthinkable conditions. Even as a child he fought for his very survival and worked hard for it.”

After Shaffir’s presentation, attendees toured the four-story museum filled with exhibits depicting events of the Holocaust. The museum is home to thousands of photos and actual items collected from the survivors and concentration camps.

“What stood out the

most to me in the museum was an exhibit that had thousands of tattered shoes in a very large pile from people who died [during] the Holocaust,” said Webber. “I could smell the leather and it is still a strong smell to this day, even after all the years.”

Silvey said the museum was amazing, well put together and very eye-opening, which made him feel he was witnessing the pain and persecution of the Jews first hand.

“I felt like I was completely enveloped in history,” Silvey continued. “I couldn’t help but stop and learn until my eyes caught the next attraction.”

“My experience while going through the actual museum was very educational,” said Webber, who explained he went on the trip because he believes “it is important to learn about the world’s history and get a more detailed education about what happened.”

“I feel events like this that the history our country has been a part of, motivate us as individuals and as a team. I would recommend anyone and everyone to go at least once while they are here. It was a very educational experience.”

“When civilians, Navy, Army and Air Force come together and share an experience like we did, it’s difficult to ignore the new connection that is experienced,” said Silvey. “Those connections bring us closer together, and that is what builds comradery.”

For more information on events or joining the Multi-Cultural Committee contact HM2 Travis Silvey at 301-400-2375.

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Comprint Military Publications has an immediate opening for a full-time Photojournalist for a weekly military newspaper, The Pentagon. Ability to take direction from editor of the newspaper and travel locally as needed for shoots. Assignments given weekly and photos must be shot and downloaded for editorial team's use. Expertise using digital equipment and 5+ years of news writing and photography experience. Assignments may take place outside of M-F; 8 am-5 pm timeframes, but most weeks are 40 hours in a 7 day period. Must be able to be cleared for access on military installations in VA and DC region. College degree in journalism preferred. Familiarity with military a plus.

Send salary requirements and resume to **John Rives** at: jrives@dcmilitary.com.

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Advertising Sales Representative

Comprint Military Publications publishes military weekly newspapers, websites and special sections in MD/DC/VA and is looking for an energetic and organized sales representative to sell advertising into our media products. Job requires cold calling/in person sales calls and maintaining existing advertising customers. Must be able to handle deadlines and pressures of meeting sales goals. Sales required in the field include Prince George's County and DC area. Prefer someone with print/online advertising sales experience. Position is located Gaithersburg office and hours are 8:30 a.m. to 5:00 p.m. M-F. **Send resume and cover letter with salary requirements to: Maxine Minar at mminar@dcmilitary.com.** Base salary + commission and benefits. EOE

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